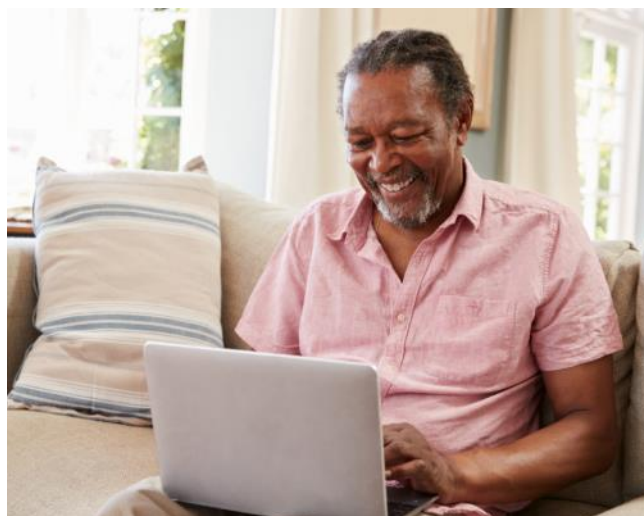
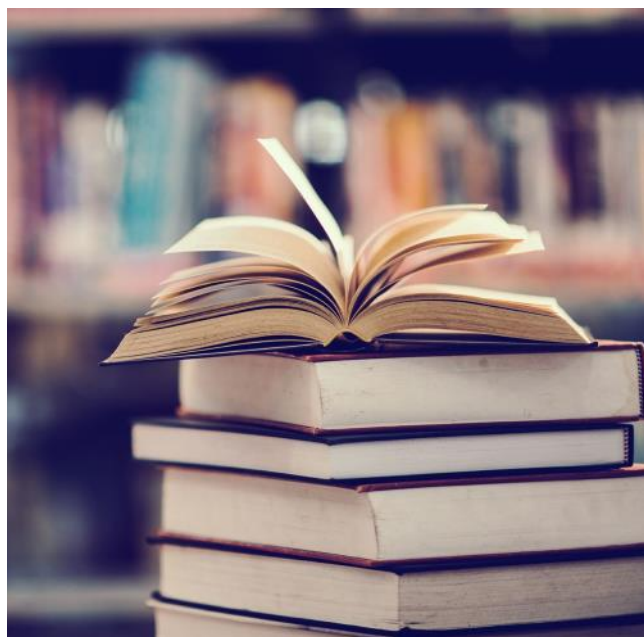


HOWARD COUNTY OFFICE ON AGING AND INDEPENDENCE



VIRTUAL PROGRAMS DECEMBER 2021



Please note the password for all
FREE PROGRAMS is Fall50+

LEARN—LAUGH—READ—COOK—CRAFT—EXERCISE—LISTEN—CONNECT



DECEMBER UPDATES

Enrichment. Engagement. Connection. Growth

The Department of Community Resources and Services counts the safety and health of all of our community members as its top priority. Masks are required upon entry and throughout all common areas in County buildings including the 50+Centers.

To balance the public facing responsibilities and the technology tasks associated with virtual programming, we will continue the virtual offerings' virtual programs on **Tuesdays and Thursdays for December.**

Thank you for your participation in the 50+ Virtual Offerings. As we move to more in person exercise programs in the 50+ centers, the free virtual exercise classes, Strength Training and Sittercise will discontinue after December 22nd. The fee-based virtual group exercise pass program continues.

The Virtual Group Fitness Class Pass has been modified to help meet the demand for in-person exercise classes in the 50+ Centers. The virtual class pass price has decreased by 25% as the number of virtual class pass offerings has decreased by 25%. In December the price of the monthly Virtual Class pass will be \$38 for the full month and \$20 for those joining on or after the 15th of the month.

Virtual Pass Changes Effective January 2022:

- Floor Core & More is moving from 8 am to 8:30 am on Mondays and Fridays
- Zumba Gold is moving from Mondays at 10:30 am to Fridays at 10 am
- Balance 4 All on Tuesdays is coming off of the schedule
- Seated Strength & Balance is moving from 12 pm to 11 am on Mondays and Thursdays
- Mindful Mondays is moving from 9 am to 9:30 am on Mondays
- Cardio & Core is moving to from Tuesdays & Fridays at 10 am to Tuesdays & Thursdays at 9:30 am
- Foundation of Movement on Thursdays is being removed from the pass
- Pilates will begin on Wednesdays at 10 am taught by Bob McDowell
- Friday Power class is moving from 10:30 am to 11 am

In-person programming across the 50+ centers will continue to gradually increase in the months ahead. Please know that the entire Office on Aging and Independence team is deeply gratified by your positive response and feedback to our programming throughout the past 19 months. It is our privilege to serve you and to learn of the impact of our efforts in your lives.



Frequently Asked Questions

What is the password for Free Programs?

The password for free programs is **Fall50+**

How do I sign up for the Paid Fitness Class Pass? To register for the \$38 monthly fitness pass that includes 20 weekly classes, you can call 410.313.1400 or 410.313.5440 (voice/relay) Monday - Friday between 10 am - 2 pm. Those registered will receive the links and passwords for December will be available at the end of November. To register on-line using your Active Net account: Search: Virtual 50+ Exercise Classes/A02490.503, on the Active Net site: <https://apm.activecommunities.com/howardcounty/> Passes purchased after the 15th of the month have a reduced fee (\$20).

How do I learn to use WebEx? Staff are available for one on one sessions to walk you through the platform, answer questions and get you into our virtual world. To set up an appointment, email Virtual50@howardcountymd.gov If you have a landline you could call into certain programs and still be engaged.

Will virtual programs continue now that centers are open? Yes, there will continue to be fitness and limited classes offered virtually. Most programs aside from exercise will be offered on Tuesdays and Thursdays.

Do I have to live in Howard County to participate? No you do not, anyone can join in our virtual offerings.

How can I get the newsletter sent to my inbox? Just click on this link to sign up in Constant Contact. [CONSTANT CONTACT SIGN UP](#)

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NOTEWORTHY

- Questions about Virtual Programs? Call 410.313.5400
- The Howard County Covid-19 hotline # is 410-313-6284
- Programs by our community partners can be found on page 15
- SeniorsTogether Programs are slowly moving back into the centers. Questions? Call Karen 410.313.7466 or 410.313.7353

WEEK AT A GLANCE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

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SATURDAY

4
HATHA YOGA
9:30 AM [Go to Page](#)

 \$ Paid Fitness Pass Classes
  \$ Paid Fitness Programs
  Free Programs

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY THURSDAY

FRIDAY

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SATURDAY

<p>11 HATHA YOGA 9:30 AM Go to Page</p>
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■ \$ Paid Fitness Pass Classes
 ■ \$ Paid Fitness Programs
 ■ Free Programs

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>13 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>MINDFUL MONDAYS 9 AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30 AM Go to Page</p> <p>SENIORS TOGETHER THINK POSITIVE 11 AM</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:30 PM Go to Page</p>	<p>14 POWER 8:30 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>YOGA WITH MARY 11 AM Go to Page</p> <p>BALANCE 4 ALL 12 PM Go to Page</p> <p>CANCER FOCUS 2 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 2:30 PM Go to Page</p> <p>POWER 5:30 PM Go to Page</p>	<p>15 KICKBOXING 8 AM Go to Page</p> <p>QI GONG 9 AM Go to Page</p> <p>SENIORS TOGETHER OPEN MIND GROUP 9:30AM</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>SITTERCIZE 1 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:30 PM Go to Page</p>	<p>16 POWER 8:30 AM Go to Page</p> <p>FOUNDATIONS OF MOVEMENT 9:30 AM Go to Page</p> <p>SENIORS TOGETHER NEWS TALK 10 AM</p> <p>HOLIDAY RECIPE MAKEOVER 10 AM Go to Page</p> <p>BETHLEHEM'S STAR 11 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>HCLS WINTER READS 1 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 2:30 PM Go to Page</p>	<p>17 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>POWER 10:30 AM Go to Page</p>
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SATURDAY

18

HATHA YOGA

9:30 AM [Go to Page](#)



\$ Paid Fitness Pass



\$ Paid Fitness Program



Free Programs

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>20 FLOOR, CORE & MORE 8 AM Go to Page</p> <p>MINDFUL MONDAYS 9 AM Go to Page</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>ZUMBA GOLD 10:30 AM Go to Page</p> <p>SENIORS TOGETHER THINK POSITIVE 11 AM</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:30 PM Go to Page</p>	<p>21 POWER 8:30 AM Go to Page</p> <p>CARDIO & CORE 9:30 AM Go to Page</p> <p>YOGA WITH MARY 11 AM Go to Page</p> <p>BALANCE 4 ALL 12 PM Go to Page</p> <p>NATIONAL PARK SERVICE ALASKA, WILDLIFE AND MORE 2 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 2:30 PM Go to Page</p> <p>POWER 5:30 PM Go to Page</p>	<p>22 KICKBOXING 8 AM Go to Page</p> <p>QI GONG 9 AM Go to Page</p> <p>SENIORS TOGETHER OPEN MIND GROUP 9:30AM</p> <p>STRENGTH TRAINING 10 AM Go to Page</p> <p>SITTERCIZE 1 PM Go to Page</p> <p>CIRCUIT CONDITIONING 5:30 PM Go to Page</p>	<p>23 POWER 8:30 AM Go to Page</p> <p>FOUNDATIONS OF MOVEMENT 9:30 AM Go to Page</p> <p>SENIORS TOGETHER NEWS TALK 10 AM</p> <p>SEATED STRENGTH AND BALANCE 12 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 2:30 PM Go to Page</p>	<p>24</p> <p>CLOSED CHRISTMAS HOLIDAY</p>
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\$ Paid Fitness Pass



\$ Paid Fitness Program



Free Programs

WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>27</div> <div>FLOOR, CORE & MORE</div> <div>8 AM</div> <div>Go to Page</div> <div>MINDFUL MONDAYS</div> <div>9 AM</div> <div>Go to Page</div> <div>ZUMBA GOLD</div> <div>1030 AM</div> <div>Go to Page</div> <div>SENIORS TOGETHER THINK POSITIVE</div> <div>11 AM</div> <div>SEATED STRENGTH AND BALANCE</div> <div>12 PM</div> <div>Go to Page</div> <div>SENIORS TOGETHER CAREGIVER SUPPORT GROUP</div> <div>7 PM</div>	<div>28</div> <div>POWER</div> <div>8:30 AM</div> <div>Go to Page</div> <div>CARDIO & CORE</div> <div>9:30 AM</div> <div>Go to Page</div> <div>YOGA WITH MARY</div> <div>11 AM</div> <div>Go to Page</div> <div>BALANCE 4 ALL</div> <div>12 PM</div> <div>Go to Page</div> <div>ARTHRITIS EXERCISE PROGRAM</div> <div>2:30 PM</div> <div>Go to Page</div>	<div>29</div> <div>KICKBOXING</div> <div>8 AM</div> <div>Go to Page</div> <div>QI GONG</div> <div>9 AM</div> <div>Go to Page</div> <div>SENIORS TOGETHER OPEN MIND GROUP</div> <div>9:30AM</div>	<div>30</div> <div>POWER</div> <div>8:30 AM</div> <div>Go to Page</div> <div>FOUNDATIONS OF MOVEMENT</div> <div>9:30 AM</div> <div>Go to Page</div> <div>SENIORS TOGETHER NEWS TALK</div> <div>10 AM</div> <div>SEATED STRENGTH AND BALANCE</div> <div>12 PM</div> <div>Go to Page</div> <div>ARTHRITIS EXERCISE PROGRAM</div> <div>2:30 PM</div> <div>Go to Page</div>	<div>31</div> <div>CLOSED</div> <div>NEW YEAR'S HOLIDAY</div>

\$ Fitness Pass Classes

Floor, Core and More

Mondays and Fridays, 8 am

This class targets challenging areas of the body: thighs, abs and backside. Tighten, tone and strengthen those core areas. Class predominantly done on the floor.

Taught by Michelle Rosenfeld

Mindful Mondays

Mondays, 9 am

A fusion class that combines gentle, guided meditation with light yoga stretches. A great way to incorporate mindfulness into your daily life.

Taught by Connie Bowman

Zumba Gold

Mondays, 10:30 am

Turns exciting Latin & international rhythms into a fun, safe, & effective format for the active older adult. It's an easy-to-follow program that lets you move to the beat at your own pace.

Taught by Courtney Bracey

Seated Strength and Balance

Mondays and Thursdays, 12 noon

This class is for those who prefer a seated workout with the option for standing/balancing exercises. Class will use dumbbells to improve strength and overall mobility as we move to fun music.

Taught by Michelle Rosenfeld

Circuit Conditioning

Mondays and Wednesdays, 5:30 pm

This class combines the best of both worlds: strength and cardio. Raise your heart rate during cardio so your muscles can receive the most benefit when followed by strength training routines. Strength exercises will help to increase lean muscle mass, while cardio helps to improve cardiovascular function. Have dumbbells or household equivalent available for strength training. Modifications available for all exercises.

Taught by Michelle Rosenfeld

Power

Tuesdays and Thursdays, 8:30 am

Tuesdays at 5:30 pm

A great class to help you retain or regain muscle tone. This strength training class includes a cardio warm-up and utilizes hand held weights to improve your body composition & increase lean muscle mass.

8:30 am class -Michelle Rosenfeld

5:30 pm class - Robbie Compson

Cardio and Core Class

Tuesdays and Fridays, 9:30 am

Exercises to get your body moving at home, designed for those who are looking for a low-impact cardio class to get your heart pumping while strengthening your core.

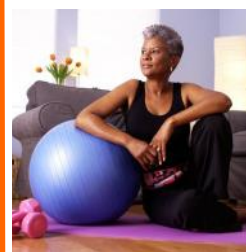
Taught by Pam Beck

Yoga with Mary

Tuesdays, 11 am

Join Mary for a series of weekly yoga classes; topics will vary. You will need a mat, and a strap or bathrobe tie. We will mostly be standing up in this flowing class.

Taught by Mary Garratt



\$ Fitness Pass Classes

Balance 4-All

Tuesdays, 12 noon

This class combines a perfect blend of balance, flexibility, posture, strength and agility. With the use of dumbbells (or any other household substitute) and a chair, you will work your way to being better equipped to perform routine activities of daily living (ADL) and decrease your risk of falling.

Taught by Courtney Bracey

Kickboxing

Wednesdays, 8 am

Start kickin' it with this introductory cardio kickboxing class. Learn basic punches and kicks and put them into easy to follow combinations. This total body workout increases strength and cardio-vascular fitness. Class conducted at low-impact level.

Taught by Michelle Rosenfeld

Qi Gong

Wednesdays, 9 am

This class includes a gentle warm-up to open the joints in preparation for the Qi Gong practice which relaxes the body, focuses the mind, calms the nerves, and reduces the ill effects of stress. Come as you are and enjoy the simple yet profound experience of Qi Gong for harmonizing mind, body, and spirit. Open to all levels, no experience or special equipment required.

Taught by Jessica Koch

Foundation of Movement

Thursdays, 9:30 am

This class helps to build a solid core foundation upon which to improve overall balance, stability, flexibility and movement. Exercises are drawn from Yoga, Pilates, and basic strength classes. This class is primarily done on the floor with options for standing or sitting. Equipment: mat, water, small ball or pillow, a yoga strap or towel.

Taught by Bob McDowell

Power

Fridays, 10:30 am

A great class to help you retain or regain muscle tone. This strength training class includes a cardio warm-up and utilizes hand held weights to improve your body composition & increase lean muscle mass.

Taught by Michelle Rosenfeld

Hatha Yoga

Saturdays, 9:30 am

The practice of Hatha Yoga can help with greater flexibility and strength, as well as relaxation. This class includes slow paced stretching.

Taught by Mary Garratt



\$Paid Fitness Class

Virtual Arthritis Foundation Exercise Program

Tuesdays, Thursdays, 2:30 pm

Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range of motion exercises that are suitable for every fitness level and ability. Led by a trained program leader. Suitable for participants diagnosed with arthritis or other chronic pain disorders. Fee to participate, registration required. For more information contact mburgess@howardcountymd.gov or call 410.313.5440 to register.

\$ Personal Training

Want to get started with a healthy exercise routine but you don't know where to begin? Consider looking to us for one on one exercise. In-person Personal Training is available by appointment. Sessions are 30 minutes w/first session being 45 minutes.

Cost:

Single Session: **\$45**

4 Session Package: **\$160**

8 Session Package **\$299**

Call 410.313.1400 to register.

\$ Exercise Consultations

Are you looking for guidance on starting or changing an exercise routine? Schedule a one-on-one, 30-minute virtual consultation with our Exercise Specialist, Malarie Burgess. We will work together to tailor a fitness plan best suited to your needs from the comfort of your own home. All available December appointment times are listed in the registration link, you will select your appointment at checkout. Contact mburgess@howardcountymd.gov or 410-313-6073 with questions. Registration link: https://anc.apm.activecommunities.com/howardcounty/daycare/program/558?onlineSiteId=0&from_original_cui=true&online=true or activity number A05490.801.

Cost: \$15 per session

Free Fitness Classes

Strength Training

Mondays, Wednesdays, 10 am

A workout that uses body weight and light hand weights in low impact movements to strengthen the major muscles in the body.

Taught by Leah Daniels

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mfff10608f3437dd9e906030846cc78bb>

Meeting # 2309 109 5310

Password: Fall50+

Sittercize

Wednesdays, 1 pm

A 45-minute class for those who prefer a seated workout as well as those who may want some moderate standing exercise. Easy-to-follow moves will help you maintain and improve your strength and mobility while exercising to fun and upbeat music. Light hand weights, soup cans or water bottles are optional. **Taught by Marianne Larkin**

Click link to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mff0484f117d7691eddfabe5b9e324ccb>

Meeting # 2304 815 6516

Password: Fall50+



Arts & Music

The Enduring Lyrics of Broadway

Thursday, December 2, 2 pm

Join Lauren as she discusses some of Broadway's most famous lyrics and how they still resonate with our lived experiences today! Suggested listen clips: *It Ain't Necessarily So* (Porgy and Bess), *You'll Never Walk Alone* (Carousel), *To Dream the Impossible Dream* (Man of La Mancha), *Memories* (Cats)

Presented by Iris Music Project founder Lauren Latessa

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m4c43c548b83e15b6b390585c03daace2>

Meeting # 32306 916 9684

Password: Fall50+

The Walters Art Museum – “The Christmas Story in Art”

Thursday, December 9, 11:30 am

Christmas, one of the most joyful seasons for Christian communities worldwide, celebrates the birth of Jesus, as it is recounted in the Christian New Testament. Explore images of the Christmas story from the medieval era and the Renaissance, and discover the artistic innovations that influence popular representations of this holiday today.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m53d4306cf8e4a93fef7279c9c1d00df0>

Meeting # 2313 977 1608

Password: Fall50+

Food, Nutrition & Cooking

Virtual Nutrition Consultations

Monday, December 6, from 4:00-6:00 pm

Our Registered Dietitian, Carmen Roberts, is available for virtual nutrition consultations (via video or phone). During this 30-minute session, she can answer your questions about diet, nutrition, and the impact of food on your health.

Click link to: [Register For A Virtual Nutrition Consultation](#)

Holiday Recipe Makeover

Thursday, December 16, 10am

Nutritionist Carmen Roberts will show you how to make your favorite holiday recipes with a healthy, nutritious twist. Feel free to bring your favorite recipes so that we can discuss how to give them a healthy, delicious makeover!

Presented by Carmen Roberts, RD.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb7b59d7a923bcb61d1311a24bfac4f17>

Meeting # 2310 389 7975

Password: Fall50+

Health & Wellness

Cancer Focus: Meditation to Melt Holiday Stress

Tuesday, December 14, 2 pm

Join instructor Susan Kain as she shows us how to slow down and calm the mind with exploration of different relaxing meditation techniques.

Hosted by Michelle Rosenfeld

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m9f3d77aa957c8468537f5a3d8653b892>

Meeting # 2313 718 1340

Password: Fall50+

History, Culture, Current Events

Baltimore Museum of Industry: America's World's Fairs

Thursday, December 9, 11 am

World's Fairs once offered Americans an opportunity to learn of new tools or technology, to learn of different cultures and to be informed of the very nature of their world. Attending a World's Fair event was informative as well as entertaining. Jack will look at the where, when, what, and why of the Fairs, surveying many of them -- along with some accompanying events that made them stand out in history.

Presented by Jack Burkett

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mc03ebd04c1099c1a5c889cc3f0b439f5>

Meeting #2304 577 8527

Password: Fall50+

Home, Hobby and Garden

Clutter Busters!

Tuesday, December 7, 1 pm

Get ideas on giving gifts without giving the gift of clutter.

Presented by Meridy McCague

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m35ae713eef1f3631fadf6c1b5e43e518>

Meeting # 2319 506 3123

Password: Fall50+

Bethlehem's Star - An Astronomical Perspective

Thursday, December 16, 11 am

In this online program, you'll join Dr. Joel Goodman to explore the possible astronomical explanations for the Star of Bethlehem. No matter what your faith, discover documented celestial and historical events that took place over 2,000 years ago that caused the Magi to come to Jerusalem.

Presented by Dr. Joel Goodman

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mf75f53de58abea26128a23136eb98b0f>

Meeting #2307 736 3650

Password: Fall50+

Literature & Theater

Book Club

Thursday, December 2, 1 pm

Books can change our perspective and expand our thinking. If you love to follow a good read with a great discussion, join us for conversation and connection! For December 2nd in honor of Pearl Harbor, we will cover *Countdown to Pearl Harbor: The Twelve Days to the Attack* by Steve Twomey. For January 6, we will discuss *His Truth is Marching On: John Lewis and the Power of Hope*, by Jon Meacham.

Facilitated by Jeannie DeCray

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m4b22a5115eb932d182038015297c5715>

Meeting #2307 126 9905

Password: Fall 50+

HCLS - Winter Reads at your Library

Thursday, December 16, 1 pm

There is nothing better than curling up with a good book on a cold night. Whether your idea of a cozy night is reading in front of the fire or you are just looking for something new to read, come learn about some of the great books available through the Howard County Library System.

Presented by Victoria Riese

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m1057a73b306883602256f600875ba4f6>

Meeting # 2309 186 5138

Password: Fall50+

Nature & Outdoors

National Park Series: Cape Cod National Seashore

Thursday, December 9, 2 pm

Our National Park Service Series continues with a virtual visit to Cape Cod National Seashore. Please join us as we discover the history, ecology and more of this National Park

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mac75a505449015e778b9f3af31dc1cba>

Meeting # 2301 977 4743

Password: Fall50+

National Park Series: Alaska, Wildlife and more

Tuesday, December 21, 2 pm

Join Ranger Glenn Hart from Alaska Public Lands Information Center as he presents information about Alaska's Fish & Wildlife as well as more incredible scenery.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m1b9123faecb2b1ac216f008fb4541455>

Meeting #2303 811 9720

Password: Fall50+



Join us online! Speakers, Classes, Entertainment, and 100+ Exhibitors

MARK YOUR CALENDAR

RUNS NOVEMBER 1, 2021, THROUGH JANUARY 21, 2022

— www.thebeaconnewspapers.com for details —



COMMUNITY PARTNERS

Join with the [Howard County Local Health Improvement Coalition](http://www.hclhic.org) (HCLHIC) and member organizations as we take part in community-wide efforts to improve health and reduce health disparities here in Howard County. Learn more at www.hclhic.org.

Events listed below are provided by HCLHIC member organizations. If you have any questions about these events, please contact the event organizers directly.

Click [here](#) for a listing of other free webinars that promote healthy movement, mindful meditation, healthy eating, and more.



COVID-19 Vaccine Clinics

Vaccinations are FREE and available for all Marylanders age 5 and older. Anyone who is part of an eligible age group can register for a vaccine at the Health Department or at many pharmacies or medical providers. Visit the HCHD website for a list of upcoming vaccine clinics and schedule an appointment: vaccine.howardcountymd.gov.

COVID-19 Testing Kits

The Howard County Health Department provides PCR testing for COVID-19 using the FDA-authorized Azova saliva test kit, which is more comfortable than traditional nasal swab. Self-collection testing is administered on-site or take home test kits are available for testing on your schedule. Test results are available in 2 - 4 days. For more information, visit vaccine.howardcountymd.gov

CAREAPP – Connecting People and Programs in Howard County

CAREAPP is a Howard County Health Department sponsored website that connects people to community programs and services. Search over 1,900 programs serving Howard County. Visit FindHCResources.org.



Living Well with Chronic Disease

The virtual Living Well with Chronic Disease class is a free 6-week self-management program for those who have or are at risk for diabetes, obesity, cancer, etc where you learn skills to help you manage chronic health conditions via Zoom. To sign up visit <https://bit.ly/living-well-virtual> , email HCGH-J2BH@jhmi.edu or call 410-740-7601.

Virtual Diabetes Support Group

The Virtual Diabetes Support Group offers free education and support for those with prediabetes, Type 1, and Type II Diabetes every third Thursday of the month via Zoom. To sign up visit <http://bit.ly/VirtualDiabetesGroup>. Contact Kristine Batty, NP at kbatty2@jhmi.edu with questions.

Member Care Support Network (MCSN)

The [Member Care Support Network](#) offers free non-medical support services (e.g. transportation and companionship) to Howard County residents 18 years or older. To enroll or for more information visit hcg.org/mcsn, email HCGH-J2BH@jhmi.edu or call 410-740-7601.